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Fernando Moreno throws
his Captain America shield
at the Red and White
Calgary Comic and Toy
Expo. **PHOTO BY AARON CHATHA/METRO**




RED, WHITE AND TRUE

Expo fans celebrate comics over celebrities
metroNEWS

Year of (quieter, please) Music

BELTLINE

**Broken City
told to remove
patio speakers**

 **Jeremy
Simes**
For Metro | Calgary

It sounds more like the Year of Silence. After a weekend of celebrating the Big Winter Classic to amplify Calgary's Year of Music, Broken City co-owner Andrew Brassard was slapped with a warning. Someone had complained about the noise and, after bylaw officers investigated, they decreed Broken City shall not have speakers on its balcony.

Brassard says he was crushed

when he got his notice Feb. 11. "I understand the residents being annoyed," he said. "But people living in the downtown core should expect things like this."

As per Broken City's permit — zoned as an outdoor café — the bar is operating outside its development approval by having outdoor speakers on the upper patio, according to the city.

Brassard said he had the paperwork needed to host the Big Winter Classic. He said Broken City can apply for a new permit or special events licences, but neither guarantees approval.

He also plans to consult with the community and city to see if an agreement can be made.

More coverage, page 10

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IN BRIEF

Body found in Bow River
Calgary police are investigating after a body was found in the Bow River.

Crews were on scene near 37 Street SW and Spruce Bank Crescent.

A Calgary Police Service spokesman said they received a call from someone around 11:45 a.m. Sunday who was combing the river with binoculars and saw a hand sticking out of the water. Police believe the death isn't suspicious, though autopsy results are pending. **METRO**

Crash hospitalizes family

Cochrane RCMP were on the scene of a single-vehicle crash near the Trans-Canada Highway and Old Banff Coach Road at noon Sunday.

A police spokesman said they believe an SUV drifted off the road, and hit the approach to the Old Banff Coach Road.

A family of four was in the vehicle. All four were taken to hospital in stable condition. **METRO**

ATM stolen from eatery

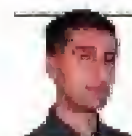
Police continue to investigate after thieves hit a restaurant in the city's northeast early Sunday morning to steal an ATM.

At 2:48 a.m. Sunday, the Calgary Police Service (CPS) said a bank machine was stolen from Vietnamese Village, located in the 3600 block of Westwinds Drive NE. It's the second ATM robbery to occur in months. **METRO**

Missed Connection ads turn into comedy fodder

ENTERTAINMENT

Improv show drives to heart of awkward encounters



Aaron Chatha
Metro | Calgary

You're walking through the bookstore when you lock eyes with a brown-eyed dream machine browsing through the cooking section. In only a few seconds, you're already imagining your wedding, your kids, your retirement, when suddenly — crash!

You've just knocked over a display of self-help books.

You look up, the brown-eyed cutie is gone, and you'll forever wonder about that missed connection.

The performers of Loose Moose Theatre feel your pain.

Every second Friday of the month, Ali Froggatt and Andrew Phung host Missed Connections, an entirely improvised performance based off Craigslist Missed Connection ads and personal missed connections from audience members.

Froggatt said, even though it's a comedy show, they aim to dig a little deeper than the usual slew of jokes.



The idea for the show was inspired by Ali Froggatt's own missed connection, loosely recreated here with fellow performer Andrew Phung. **AARON CHATHA/METRO**

"We're not in it for the gag, we're in it for the story," she said. "But, by doing that, we'll come to more truthful, poignant comedy"

Phung said the missed connections stories usually come in a variety of flavours: a few will be super sexual; others will be kind of vague. He's



"We're not in it for the gag, we're in it for the story."

Ali Froggatt

seen a creative poem once and there's always one that includes some sort of apology.

"It's not just dirty stuff, it's real stuff," he said. "Last time we did a scene about a gay couple in 1940s Calgary. There was a weird element to it, we were playing this gay relationship, but there was this society we didn't know."

Froggatt said it's not about just re-enacting the story they read online, or heard from an audience member, but being inspired by it. And not all of them are about love.

"They don't have to be romantic," she laughed. "We

have missed connections all the time, with people who do random acts of kindness, like, ah, I wish I could thank that person. Or a total a—hole who cut you off, like, I wish I could give that person a piece of my mind."

Phung said he enjoys playing with scenarios like the one friend who doesn't know how to act in front of girls, or the group of mothers at the playground or dads at the science centre who missed the chance to make a new friend.

The next show is March 11. Visit www.loosemoose.com for more.

+ INSPIRATION

Ali Froggatt said the idea for Missed Connections was inspired by her own missed connection.

"I was living in Toronto and I was on the subway. This super attractive guy sat across from me," Froggatt recalled.

"I was like, 'Oh my God, oh my God.' We were making eyes at each other, and I didn't know what to do."

Froggatt said eventually the man's stop came up, the eye-flirting session came to an end and the man departed. Froggatt realized she'd never see him again.

She continued on the bus and got off at school, where she told a friend about the encounter. The friend told her to post it to missed connections.

"I was like, what's that?" she said. Soon after, she said she became lost in reading the postings online.

"I forgot about the guy, because I was looking at these and realized they were perfect ideas for improv."

AARON CHATHA/METRO



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Waits for CT scans soar: Doctor

HEALTH SERVICES

Cutbacks cause backlog, he says, while AHS disputes claim



Jeremy Simes
For Metro | Calgary

Alberta hospitals are seeing wait times for CT scans skyrocket due to budgetary constraints, according to Dr. Paul Parks, an ER doctor in Medicine Hat.

In January, Alberta Health Services (AHS) Interim CEO Dr. Verna Yiu said not one department would be spared when the health authority makes efficiencies for its upcoming budget.

The government, too, plans to curb health-care spending through various means and, particularly, is meeting with the Alberta Medical Association (AMA) to talk efficiencies.

Parks said clinics and rural health centres have been told to reduce the number of outpatient scans, causing many patients to flood hospitals for the service.

But AHS disputes his claims. The health authority said it performed 391,400 CT scans for the 2015-16 fiscal year, an increase of 4,284 from 387,116 CT scans in 2014-15. CT scans are used to diagnose patients for cancer and kidney stones.

But Parks wants to see outpatient scan data, he said, adding the increase in overall scans underscores AHS's normal growth rate in spending.

"If you can get the numbers (of outpatient scans) and break them down, the trend would be pretty obvious," he said.

AHS was unable to provide the number of outpatient scans by press time, adding annual funding for CT scans is managed by individual facilities.

Sources in the High River area have also confirmed Parks' claims, though they requested to remain anonymous.

In early 2015, most non-urgent patients waited up to 10 weeks for CT scans, but in December that number reached 15 weeks. The Canadian Association of Radiologists says patients should wait eight weeks.

AHS said fewer outpatient scans can be performed if more patients require emergency



A Medicine Hat doctor claims more are seeking CT scans in emergency rooms due to budgetary pressures to reduce outpatient scans.

METRO FILE

scans. Doctor reading fees are also part of CT scan costs.

AMA President Carl Nohr, who's familiar with the rise in

CT-scan wait times across the province, said reducing reading fees won't make CT scans more available — the proced-

ure primarily depends on funds budgeted for equipment.

AHS said it's looking at utilization rates to ensure patients

who require urgent scans receive them, while those non-urgent cases get them in a timely way.

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GREENWAY BYELECTION

Hospital wait time an issue

Jeremy Simes
For Metro | Calgary

Calgary Greenway candidates in the March 22 byelection are hearing lots about hospital wait times when they go door-knocking. They're not good things, either.

Finding efficiencies in health care spending has been much talked about by the government lately. On Friday at a Fort McMurray town hall event, Premier Rachel Notley noted Alberta's frivolous spending when it comes to health-care dollars.

Alberta Health Services, too, plans to reduce growth to 2.8 per cent from six per cent.

Here's what the candidates have to say:

Wildrose candidate Devinder Toor said front-line care must remain. He said efficiencies could be made at the Alberta Health executive level.

PC candidate Prabhdeep Gill said efficiencies can be made without losing jobs, though he added he has to first understand the health care file before detailing his plan.

"The way we can do this is to work with the departments to find the efficiencies without cutting the necessary staff members," he said.

The NDP's Roop Rai echoed the government's plans, which include managing the rate of growth through budgets.

"We are looking to cut spending but find cheaper alternatives," she said.

Liberal candidate Khalil Karbani said savings could be found via streamlining managerial roles, adding he isn't a fan of the two-tier model — some of the best doctors tend to migrate to the private sector, he said.



The Calgary Yodelling Club has grown to 22 members and includes some second-generation Swiss. KLAUS ZAHND/CONTRIBUTED

Forty years of yodelling

HERITAGE

Calgary club hangs on proudly to its Swiss roots

Aaron Chatha
Metro | Calgary

From the Alps of Switzerland to the prairies of Calgary, members of the Calgary Yodelling Club are celebrating 40 years of falsettos and friendships in 2016.

Klaus Zahnd was one of the

seven founding members of the club when he immigrated to Canada in the 1970s, and acts as its current president.

"Being in a strange country and wanting to hang onto your own culture somewhat, it's natural that some guys would get together and form a choir," he said. "Not because they'd sung before, but because it was the right thing to do."

Zahnd said in Switzerland, yodelling is a national pastime. Although two founding members have passed away, the remaining five are still active members of the group — which has grown to 22 members and now includes second-genera-



It really became a lifestyle and it became a family.

Co-founder Klaus Zahnd

tion Swiss.

"They're not quite as tied to the old traditions, but they like the sound, they like yodelling," said Zahnd, adding the group's style has evolved with the times. Although they still sing in a Swiss-German dialect, their repertoire of songs now includes quicker paced, more pop-like music.

The group performs locally, and internationally — every few years they all return to Switzerland with lederhosen

on their backs and passion in their lungs to compete in the country's national yodelling competition. But beyond the Yodelayheehoos, the heart of the group is the way it brings its members together.

Only two or three of the original members had any formal history in singing. The group is mostly self-taught.

"It really became a lifestyle and it became a family," Zahnd recalled. "Don't forget, as new immigrants, none of us had any

family here. Instead of having relatives, you had your choir members. They became your family."

Zahnd originally moved to Canada with his wife to satisfy a longing for adventure. What was only supposed to be a two or three year trip ended up becoming a lifetime, as he had children and settled in Calgary. He never anticipated this yodelling club to last 40 years either — but is proud to reach the milestone.

The group is celebrating with an anniversary concert on April 2 at the Bella Concert Hall. Visit jkheimattreu.com for more information.



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Comic, toy expo a hidden gem

EVENTS

Hobbyist convention a dream for collectors



Aaron Chatha
Metro | Calgary

There is a comic expo nestled in a corner of Calgary where attendees won't find any movie celebrities, corporate displays or industry panels.

But for more than 15 years, the Red and White Calgary Comic and Toy Expo has been a bastion for hobbyists, hardcore collectors and local artists.

"I've been coming to this show for 15 years now," said Chris Hample, who perused comic books with his son Jack — the pair in full costume as Venom and Ant-Man, respectively. "It's nice. It's not as big or as crazy, and you can find a better deal. I collect action figures myself, so you always find gems in these little shows, where the big



Chris Hample, centre, has been attending the show for 15 years and this year brought his son Jack, left, who wanted to dress as his favourite character Ant-Man. ALL PHOTOS: AARON CHATHA/METRO

one is exactly that. It's the big show. It's more about the movie actors.

"This is about the comics," Cosplayer Nikki Jones said

this smaller expo was the first one she ever visited. Because of the cheaper price and more intimate atmosphere, she decided to give it a try years ago

— and the experience kicked off a love of dressing up as popular characters.

She now has more than 30,000 followers on her In-

stagram, where she posts images of her costumes.

"Not only do you get to be someone else for a while, but you also get to express your-

“

It's nice. It's not as big or as crazy, and you can find a better deal.

Chris Hample, on smaller comic-book conventions

self in a unique way," she said. "I personally love sewing, so I love making cosplays. Wearing them, doing the makeup, styling wigs. All that fun stuff."

Jones still comes to the expo that kicked off her passion.

Martin Rouse, one of the organizers, said the show runs twice a year now. Because of the smaller nature of the show, he said, it's cheaper than the Calgary Comic Expo and it's easier to see everything being displayed.

"It's fun. You can do it in an hour; you don't have to spend a whole day," he said. "It's completely different, and that's why it works."

Rouse said it also gives local artists and vendors a chance to shine.

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WE ASKED YOU

What character did you dress up as and why?

Captain America

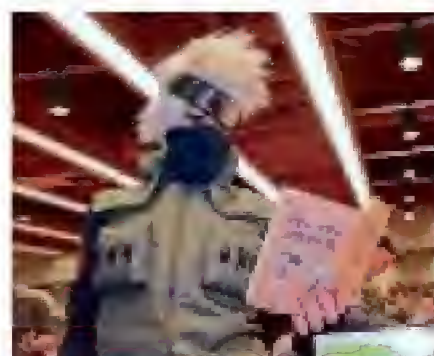
I study U.S. history, and he's a character I relate to more because I have a thing for the past and tend to be quite nostalgic.



Fernando Moreno

Kakashi

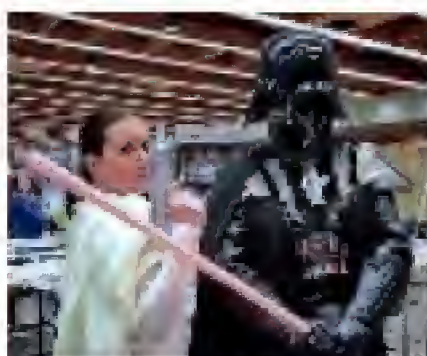
He's calm and collected, almost like a father figure. He teaches the main character everything he needs to know, pretty much.



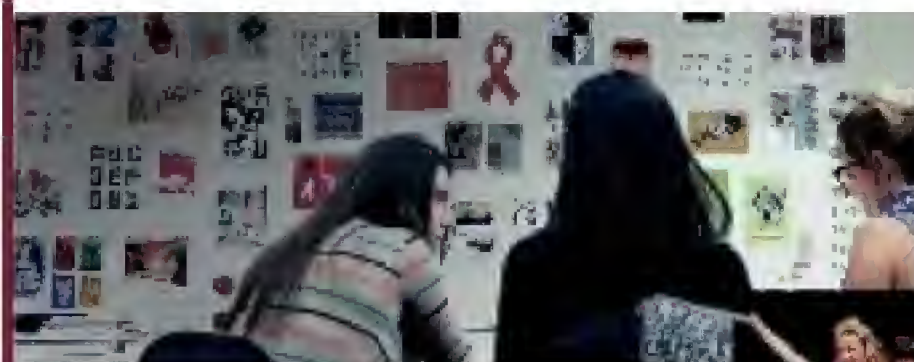
Nikki Jokes

Padme and Darth Vader

It makes sense because he fell in love with Padme. They got married behind the scenes. It's a pairing that's better for us.



Lindsay and Juan Gallardo



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THINGS TO WATCH AT COUNCIL

It's our favourite day of the week at Metro – Monday and the council meeting that comes with it. We've sifted through the secondary suite applications and obscure procedural matters to bring you the five most interesting items on the agenda.



Brodie Thomas
Metro | Calgary

Red Line Stations 1

Coun. Gian-Carlo Carra is pitching the idea of exploring more stops along the CTrain Red Line. As reported in Metro's weekend edition, Carra thinks we need to give more people access to the line. His pitch should bring some interesting debate, as the city already has its hands full with the Green Line.



Airport noise 2

A developer in Inglewood has run into red tape related to the airport. According to Coun. Gian-Carlo Carra, there are arcane restrictions on development due to a noise corridor for planes running to the airport. Carra said the regs were put in place when planes were louder, and when building codes did not require as much insulation. He's hoping to get council's help in wiping those restrictions in Inglewood from the books, so development can move forward.



Red Tape 3

More than five years after the city launched an initiative to cut red tape, the final report is coming to council. It boasts \$14 million in savings from efficiencies found. Coun. Andre Chabot said the report lacks concrete recommendations, and he plans to make a motion with real actions to reduce future red tape.



Medicine Hill street names 4

Usually city and street names that come to council for final approval are thoroughly vetted and ready for the rubber stamp. However, Coun. Ward Sutherland is giving a second look at some hard-to-pronounce street names in Ward 1. He said the committee that suggested traditional Blackfoot words overstepped its bounds, and went against recommendations of Blackfoot elders who were consulted on the project. Sutherland plans on taking steps to go back to the original recommendations.

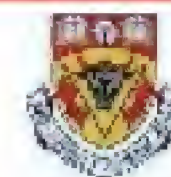


In Camera 5

As usual, councillors will step behind closed doors to discuss a few matters in private. Luckily for us, we at least get to see the subjects. Up for discussion this week is an "affordable housing acquisition opportunity," the external auditor 2015 service plan update, and discussions on Southwest Ring Road impacts to Weaselhead and Clearwater Parks. There is also a proposed land acquisition on 52 Street NE.

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PROGRAM

Cut Red Tape report lacks teeth: Chabot



Brodie Thomas
Metro | Calgary

Red tape could have cost the City of Calgary an extra \$14 million over five years — were it not for a program to eliminate it.

With the city's Cut Red Tape program now winding down, one councillor is hoping to keep the momentum going.

Calgary City Council is re-

ceiving the program's final report on Monday.

Coun. Andre Chabot said the report is good, but it lacks teeth or any concrete action.

"There's no recommendation for us to adopt any of the principals identified by the assessment of Cut Red Tape," said Chabot.

He said he wants council to give administration specific direction to follow recommendations in the report.

Those recommendations in-

clude things such as informal quarterly updates to council by administration on Cut Red Tape practices, and using plain language whenever possible in city documents.

The Cut Red Tape initiative was launched in Dec. 2010. Although it saved 143,000 hours of work — which is where the city gets the \$14 million figure — it also took an initial investment of \$385,000 to carry out the program over three phases.

The city has \$119,400 re-

maining from the program that went unspent. The Mayor's Office wants to put that money into AnalyticsCalgary, described as an online portal for idea generation from citizens, employees and businesses.

Administration's report to council says the AnalyticsCalgary program "fits the model for innovating city policies and procedures and will continue with The City's commitment to reduce or avoid red tape."

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Broken City co-owner Andrew Brassard was crushed after the city warned he couldn't play music on the patio.

JEREMY SIMES/FOR METRO

City tells Broken City to be quiet

MUSIC

Community Standards bylaw set to be reviewed



Jeremy Simes
For Metro | Calgary

There's always that one guy who ruins the party, according to Ward 8 Coun. Evan Woolley.

Woolley's comments stem from the city's decision to slap Broken City with a warning notice that says the bar shall not have outdoor speakers on its balcony.

"It's straight up frustrating," Woolley said. "If we want a vibrant downtown, is this actually good for the city?"

In late January, Broken City and Last Best Brewing & Distilling hosted the Big Winter Classic, a weekend festival that celebrated local bands and brews.

Adrian Urlacher, who founded the festival, said both bars had paperwork to play until 10 p.m. on the nights of Jan. 28 - 30.

"It's a really sad thing — I

just felt we took every step we could to be on par. It's counter-productive," he said.

"From just walking across the street, you couldn't hear the music from a block away. It wasn't a raucous or anything."

It's also ironic, given that Calgary is celebrating the Year of Music, Urlacher said, adding Last Best never saw a complaint.

Stephen A. van Kampen, singer/songwriter with Savk — which played at Last Best during the festival — said he could've been the one to aggravate the complainer.

"It's unfortunate — music is what makes a city," he said.

Broken City co-owner Andrew Brassard questioned why the bar hasn't seen complaints during Stampede — its patio was playing music then, too.

"We don't want to piss off residents and we want people to live around here," he said.

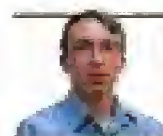
"As Calgary grows and becomes this city that is more than something than just oil, there needs to be things other than Stampede and oil for tourism, for work, for anything."

Woolley said the city is reviewing the community standards bylaw in June. Everything will be on the table, he added.

Long walk of solidarity

CHARITY

Participants take 10,000 steps for African women



Brodie Thomas
Metro | Calgary

Imagine having to walk eight kilometres, while pregnant, just to see a doctor for a check-up.

For women around the world, that is their reality, but volunteers in Calgary are hoping to change that for at least a few women in Africa.

This week, hundreds of Calgarians are pledging to walk 10,000 steps for seven days in solidarity with women around the world, and to raise funds to purchase vehicles for a maternal health program in Tanzania.

"It's to symbolize what a woman or young girl might have to walk just to access basic necessities every day," said Leanne Zee, volunteer co-chair of the Walk In Her Shoes committee. "That's where we get the 10,000 steps."

She said the group has al-

“It's to symbolize what a woman or young girl might have to walk just to access basic necessities every day.” Leanne Zee



Erika Hernandez attempts the basket challenge during the launch of the Walk In Her Shoes campaign in Calgary. The 10 pounds of rice represent just a fraction of what some women carry as they walk kilometres in developing nations.

©BRODIE THOMAS/METRO

\$72,000

The amount of money raised so far by Walk In Her Shoes, which CARE Canada will match 13-1.

ready smashed its initial goal of raising \$50,000.

As of Sunday's launch, Calgary volunteers and sponsors had raised \$72,000, prompting them to set a new goal of \$100,000.

Zee noted that the federal government matches money raised by CARE volunteers at a rate of 13-1, meaning \$100,000 become \$1.3 million.

Care kicked off the event at the Calgary Zoo — inviting participants to walk at least 5,000 steps on their first day. CARE organizers had food, games, and a silent auction.

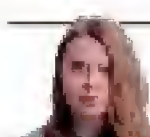
Gillian Barth, president and CEO of CARE Canada, was on hand for the Calgary event.

Although she hasn't been to the maternal health program in Tanzania, she has seen similar operations set up around the world.

"I can tell you the work done by this group for projects such as this, they're going to save the lives of women and children."

INFRASTRUCTURE

City falling behind on sidewalk repairs



Helen Pike
Metro | Calgary

Step on a crack, break your mother's back — and call 311 to get that sidewalk fixed.

A City of Calgary report is suggesting the city may soon be unable to keep up with growing repair needs as sidewalks age beyond repair.

According to the Step Forward Report, more than 50

per cent of the city's sidewalks are over 40 years old, at which point they are "more likely to break down." Currently the city budgets about 31 kilometres of sidewalk replacement, but the report continues to say that this will not be enough to keep pace with future needs.

According to roads spokesman Chris McGeachy, the city does a yearly evaluation of sidewalks and gives each one

a condition rating.

"Depending on the severity of the damage it will either be repaired, or it will go to what's called a local improvement. It's a project that council considers to be a benefit to the area and they would do a complete rebuild of the concrete then," McGeachy said.

As for more cash for sidewalks — and how the city will deal with upped demands — Pooja Thakore, a spokeswoman

for Transportation, said many business units will be working together to get the job done.

The city itself focuses on sidewalks with the most damage after their own review, but citizens can also submit requests via 311. McGeachy said they get evaluated much like crosswalk light requests.

"Someone evaluates, puts it on a list and then city monitors the condition of concrete," he said.

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<p>2012 TOYOTA RAV4 SPORT V6 4WD</p> <p>21 TO CHOOSE FROM</p> <p>LOADED W/LEATHER AND SUNROOF!!! ONLY 90,000KM'S</p> <p>STK 1609314</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$22,251</p>	<p>2009 TOYOTA VENZA V6 AWD</p> <p>4 TO CHOOSE FROM</p> <p>NICE CLEAN CAR!!! PRICED TO SELL!!! 119,000KM'S</p> <p>STK 1601548</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$15,515</p>	<p>2015 TOYOTA VENZA XLE AWD</p> <p>4 TO CHOOSE FROM</p> <p>NICE, CLEAN CAR!!! ONLY 136,000KM'S</p> <p>STK 68284</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$33,531</p>	<p>2012 TOYOTA PRIUS</p> <p>2 TO CHOOSE FROM</p> <p>GREAT ON FUEL!!! LOW MILEAGE!!! ONLY 30,000KM'S</p> <p>STK 67934</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$19,461</p>
<h2>MANAGER'S WEEKLY SPECIALS</h2>			
<p>2007 TOYOTA CAMRY LE 4WD</p> <p>3 TO CHOOSE FROM</p> <p>NICE, CLEAN CAR!!! ONLY 136,000KM'S</p> <p>STK 67904</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$9,388</p>	<p>2013 TOYOTA SIENNA V6</p> <p>3 TO CHOOSE FROM</p> <p>SAVE BIG!!! LOW MILEAGE!!! ONLY 31,000KM'S</p> <p>STK 1515594</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$24,733</p>	<p>2014 NISSAN ALTIMA</p> <p>2 TO CHOOSE FROM</p> <p>NICE, CLEAN CAR!!! 62,000KM'S</p> <p>STK 1515104</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$14,623</p>	<p>2011 GMC TERRAIN SLE-1</p> <p>2 TO CHOOSE FROM</p> <p>NICE, CLEAN SUV!!! ONLY 65,000KM'S</p> <p>STK 1501414</p> <p>BELOW MARKET VALUE PRICING</p> <p>\$14,772</p>

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CRIME

Mom found guilty in disabled girl's death

A Toronto mother accused of killing her severely disabled daughter was found guilty of first-degree murder in the girl's death on Sunday.

Cindy Ali, 45, was sentenced to life in prison with no chance of parole for 25 years.

Ali had pleaded not guilty in the death of 16-year-old Cynara, who had cerebral palsy and couldn't walk, talk or feed herself.

Crown prosecutors had argued that after years of being the primary caregiver for the infant-like Cynara, Ali smothered her daughter with a pillow and created an elaborate story about a home

invasion to cover up her crime.

Ali's defence lawyers argued, however, that Cynara was cherished by her mother and died either after seizures that might have been triggered by the alleged home invasion, or from a lung infection.

"I expect we will have instructions from Cindy Ali and her family to proceed with an appeal," Ali's defence lawyer Christopher Hicks said outside court following the verdict.

Cynara was pulled off life support in a Toronto hospital in February 2011, two days after emergency personnel responding to a 911 call about a home invasion found her without vital signs.

An autopsy found Cynara's immediate cause of death was a brain injury from deprivation of oxygen, which was caused by cardiac arrest. That cardiac arrest, court heard, could have been caused by suffocation.

A pathologist called by Ali's defence lawyer testified he found "no physical evidence" of smothering in the case, but noted he also could not entirely rule it out as a possibility. THE CANADIAN PRESS



Cynara Ali CONTRIBUTED

GREAT LAKES

U.S. city asks to draw water from basin

A request by a small city in Wisconsin to draw water from the Great Lakes is causing concern among American and Canadian communities around the basin, with some opponents warning the move could set a dangerous precedent for other jurisdictions facing water shortages.

Waukesha, a city of about 70,000 people, wants to divert water from Lake Michigan because its own aquifer is running low and the water is contaminated with high levels of naturally occurring cancer-causing radium.

The city argues that although it's located outside the boundary of the Great Lakes basin, it is part of a county straddling that geographical line and therefore should be allowed access to the lakes' water. It also promises

to return treated water to Lake Michigan.

Under a current regional agreement between eight U.S. states and Ontario and Quebec, diversions of water away from the Great Lakes-St. Lawrence River basin are banned, with limited exceptions that can be made only when certain conditions are met.

Waukesha is seeking to become the first such exception.

Ontario and Quebec have a part to play in the entire process, which is heading towards a final decision this spring, because they are part of the regional agreement known as the Great Lakes-St. Lawrence Basin Sustainable Water Resources Agreement, which was signed to protect waters in the basin. THE CANADIAN PRESS

TOLERANCE

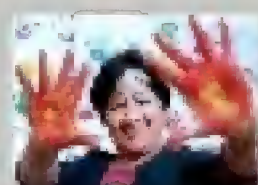
Call to action against racism

A Vancouver-area radio DJ wants people across Canada to raise their hands — figuratively and literally — against racism this month.

Shushma Datt, founder and host of Spice Radio, immigrated to Canada in the early 1970s: "I went to many stations and was not accepted," Datt told Metro.

Last year's inaugural event was a huge success, Datt said. "It was so popular we had calls coming in as far as England and Germany."

TEREZA VERENCA FOR METRO



Shushma Datt JENNIFER GAUTHIER FOR METRO



U.S. President Barack Obama and Prime Minister Justin Trudeau are seen at a bilateral meeting at the Asia-Pacific Economic Cooperation summit in the Philippines in November last year. **Trudeau will visit the White House, speak to a women's group in New York and attend a nuclear summit in Washington throughout March.** THE ASSOCIATED PRESS

Trudeau's U.S. trip a stately throwback

POLITICS

PM channels former prime minister with 3 visits in March

This month will feel like a blast to a long-lost past where Canadian prime ministers visited the United States frequently and received considerable attention while doing so.

Prime Minister Justin Trudeau will be in the U.S. three times this month: for a state-level visit to the White House this week, to speak to a women's group in New York the following week and for an international nuclear

summit in Washington at the end of the month.

The number of visits in such a short period and the level of attention they're expected to garner will have a bit of a Mackenzie King feel to them.

Newspapermen would crowd into the Canadian embassy and write lengthy stories even when the famously tight-lipped King had nothing to say during his several-times-a-year visits to his buddy Franklin Roosevelt.

"It's only to be expected that when one of the capital's favourite visiting statesmen comes to town he will be wined, dined and feted," a 1942 society column in the Washington Post wrote.

The trips became less familiar and less frequent after the



A world which seldom spares a thought for Canada and Canadians is suddenly interested in Pierre Elliot Trudeau. Washington Post, 1969

Second World War.

Lester Pearson visited a few times in a short span. He was on the front page of the New York Times and Washington Post, smiling with John F. Kennedy at the family compound in Cape Cod.

His next visits were tinged with tragedy following the death of Kennedy, and he was at odds with Lyndon B. Johnson.

There's a more relevant precedent for the attention on Trudeau: his dad.

"A world which seldom spares a thought for Canada and Canadians is suddenly interested in Pierre Elliott Trudeau as the most improbable of prime ministers," began a 1969 profile in the Washington Post.

Trudeau infuriated Americans by ordering a reduction in oil exports to the U.S. by nearly one-quarter during the 1970s oil shock. On one visit, he was warned by a famous lawmaker that this would cause an "ugly relationship." THE CANADIAN PRESS

DIPLOMACY

'Establish him as an American celebrity'

A veteran of the Obama White House who specialized in international outreach says Canada's rookie prime minister has an extremely rare opportunity for a foreign leader: the chance to be heard by Americans.

Brett Bruen shared some thoughts in advance of Justin Trudeau's red-carpet visit this week, based on his own career as a U.S. diplomat who until recently was the White House director of global engagement.

He said foreign leaders are forever struggling to get American attention — for themselves, but more importantly for the prior-

ities that matter to them and their citizens.

"It's incredibly challenging," Bruen said in an interview.

Trudeau has become a minor U.S. celebrity — with profiles in Vogue magazine, the style and review sections of the New York Times, in the Washington Post this week and CBS's 60 Minutes on Sunday.

He said Trudeau could capitalize by doing more unconventional media. He suggested reaching Americans who don't follow the news — in places as unusual as sitcom appearances.

"Establish him as an Amer-

ican celebrity... That's one of the unique opportunities offered by his prime ministership," said Bruen, who left the White House last year.

"Here's someone who's young, dynamic, who's piqued the interest certainly of pundits and observers. Now you want to go capture the interest of the man or woman on the street who'll say, 'Yeah, I know Prime Minister Trudeau. When he speaks about immigration issues or climate change or trade, I'm going to pay closer attention, because he's someone that I see regularly.'" THE ASSOCIATED PRESS

+ RISK-REWARD

Trudeau attention a double-edged sword: The Hill

The risk-reward potential was evident last week, in two headlines in The Hill. One may have been a compliment: "Canadian Obama" to visit White House. But there were less-than-flattering responses to, "Canada's prime minister to Americans: Pay more attention to the world."

THE ASSOCIATED PRESS

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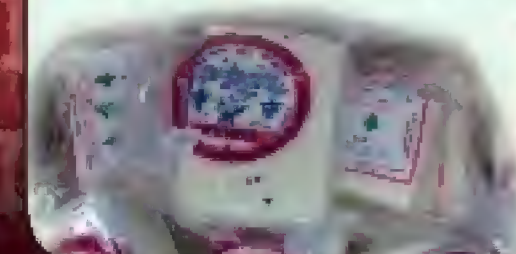
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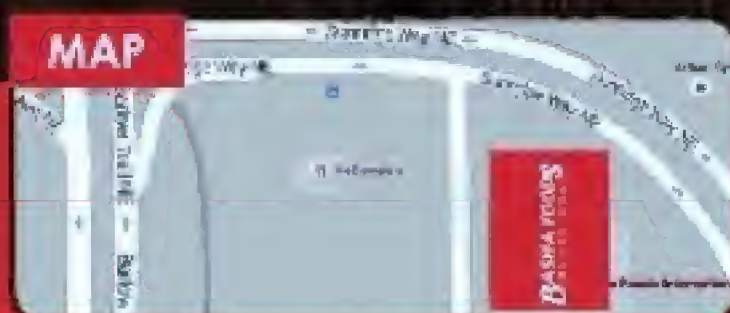
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UNITED STATES

Nancy Reagan, 94, dies

Nancy Reagan, helpmate, backstage adviser and fierce protector of Ronald Reagan in his journey from actor to U.S. president — and finally during his 10-year battle with Alzheimer's disease — has died. She was 94.

The former first lady died Sunday at her home in Bel-Air, Calif., of congestive heart failure.

When she swept into the White House in 1981, the former Hollywood actress's partiality to designer gowns and pricey china was widely dismissed as a pre-feminist throwback. She maintained that her only mission was to back her "Ronnie" and strengthen his presidency.

Mrs. Reagan carried that charge through the rest of her days. She served as a full-time caretaker as Alzheimer's melted away her husband's memory. After his death in June 2004 she dedicated herself to tending his legacy, especially at his presidential library in California, where he had served as governor.

She also championed Alzheimer's patients, raising millions of dollars for research and breaking with fellow conservative Republicans to advocate for stem cell studies. Her dignity and perseverance in these post-White House roles helped smooth over the public's fickle perceptions of the former first lady.

She was thrust into the political life when her husband ran for California governor in 1966 and won. "The movies were custard compared to politics," Mrs. Reagan said. THE ASSOCIATED PRESS



Ronald and Nancy Reagan
AP/GETTY IMAGES

IN BRIEF

More flight debris found

Johnny Begue, the man who found a fragment of the Malaysia Airlines Flight 370 that disappeared two years ago, has found more debris on the island of Reunion.

He turned it in to police. Begue found a fragment known as a flaperon on July 29 that investigators identified as part of the jet that disappeared with 239 people March 8, 2014.

Begue said the new item is square and measures 40 by 40 centimetres.

THE ASSOCIATED PRESS

Women fear being seen

AFGHANISTAN

UN agency to black out pics on website to highlight plight

A United Nations agency in Afghanistan plans to stop publishing photographs on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday.

The move aims to bring attention to the fear many Afghan women have of the potential consequences of appearing in public or having their photographs published, said Rob Few, chief of communications for the UN Development Program in Kabul.

Photographs already on the UNDP's Afghanistan website would be blacked out starting Sunday, and replaced with the hashtag #WhereAreTheWomen, Few said.

Few said the UNDP's decision came after an Afghan woman helped by the agency to escape an abusive forced marriage said she was too afraid to have her photo published alongside a report about her experience.

"Walk down any street, or into any government office, or into any hospital, police station, business or university, and you have to ask yourself, 'Where are the women?'" Few said.

The post-2001 constitution protects women from violence and discrimination. But after more than 30 years of conflict, Afghan society has largely re-

treated into religious conservatism that has seen more women, even in Kabul, wearing the burqa and the niqab full-face veil for fear of a Taliban return.

President Ashraf Ghani has pledged that women's rights will not be eroded in exchange for peace with the Taliban.

The UNDP's decision to question the way women are treated in Afghanistan comes ahead of the anniversary on March 19 of the public murder of a woman in central Kabul, after she was falsely accused of burning a Qur'an. Farkhunda Malikzada was set upon by a mob, beaten, driven over by a car, and burned.

Her killers had their sentences commuted, and her immediate family has left the country for their own safety.

THE ASSOCIATED PRESS



The UN Development Program in Kabul plans to stop publishing photos of women on its website ahead of International Women's Day on March 8, a UN official said on Sunday. SCREENGRAB



A man carries his baby as refugees wait near the border fence at the Greek-Macedonian border near the Greek village of Idomeni, where thousands of refugees and migrants wait to cross the border into Macedonia. AP/GETTY IMAGES

REFUGEE CRISIS

Migrants drown off Turkey as Macedonia cuts flow

At least 25 people drowned off the Turkish coast while trying to reach Greece on Sunday, while Macedonian authorities imposed further restrictions on refugees trying to cross the Greek border.

The Turkish coast guard launched a search-and-rescue mission for other migrants believed to be missing from the accident, the state-run Anadolu Agency reported, and rescued 15 off the Aegean Sea resort of Didim, it added. The dead included three children, according to private Dogan news agency.

Meanwhile, Greek police officials said Macedonian authorities

are allowing only those from cities they consider to be affected by war to cross the Idomeni border crossing from Greece. That means people from cities such as Aleppo in Syria, for example, can enter, but those from the Syrian capital of Damascus or the Iraqi capital of Baghdad are being stopped.

The two officials spoke on condition of anonymity because they weren't authorized to speak on the record.

A UN refugee agency official in Macedonia confirmed the new restrictions, and criticized the decision.

"This is not all right," said Ljubinka Brasnarska, UNHCR senior external relations assistant in Macedonia, told the AP. "Everybody from Syria who came needs international protection. This decision could be taken only by other competent international bodies, not by border authorities," she said, adding she couldn't explain the latest move.

Police said there were more than 1,000 people, mostly Syrians and Iraqis, currently stuck on the Macedonian-Serbian border.

The developments came a day before a summit between the European Union and Turkey to

discuss the crisis, which has seen more than one million people reach Europe last year.

Nearly all refugees and other migrants who enter the EU have been doing so by taking small inflatable dinghies from the Turkish coast to the nearby Greek islands. With thousands of kilometres of coastline, Greece says it cannot staunch the flow unless Turkey stops the boats from leaving its shores.

Athens has criticized Europe for not sticking to agreements to take in refugees in a relocation scheme that never really got off the ground. THE ASSOCIATED PRESS

ON THE BORDER

Refugees wait in camp

About 13,000-14,000 people remain stranded in Idomeni, with more arriving. The rate at which refugees are being allowed to cross into Macedonia has been reduced to a trickle. Greek police said 240 people crossed between 6 a.m. Saturday and the same time Sunday morning.

THE ASSOCIATED PRESS



Peeples, a controversial app that was initially called the most hated app in the world, is coming out in a watered-down form. CONTRIBUTED

Peeples rating app finally set to launch

CONTROVERSY

Founders forced to make changes after online furor

It was reviled as the most hated app in the world, and that was before it actually existed. Now people will get a chance to judge Peeples, as it is set to become available for download on Apple's App Store on Monday.

Last October, when its creators first unveiled Peeples, which is best described as a "Yelp for Humans," it managed to do the unthinkable and unite public opinion online. The only problem was that the sentiment was almost entirely negative.

The ensuing online media firestorm had co-founders, Julia Cordray and Nicole McCullough, shamed on every existing social network, doxed (their personal information put online) and made the target of personal threats. They retreated from most online platforms, but did post that they were listening to the criticisms, and would be changing



Canadian Julia Cordray, right, and her U.S. business partner Nicole McCullough, creators of the Peeples app. CONTRIBUTED

the most contentious things about the app before launch.

That day has arrived as they prepare for the world to judge their product, as opposed to their intentions.

"I would say the death threats. That was kind of ridiculous," says Cordray, the Calgary-based CEO, when asked what was the worst thing about the social media backlash.

Cordray says there are four main changes to the app:

1. Users have to join the

app to participate. You must use your Facebook profile (which has to be older than six months) to log-in and provide your phone number. Initially, anybody could create a profile of another person, if they had that other person's email and phone number.

2. The app scrapped a five-star rating system, and instead created a Peeples number, which is the total number of online recommendations in each of three areas you can be judged in the app: profes-

sional, personal and dating.

3. Users now have full control of what is published on their profile. Originally, positive comments would go live immediately, but lower or negative appraisals would stay private for 48 hours, as users were supposed to negotiate to improve that rating before it went public.

4. The ability to deactivate an account at any time. Initially, Peeples planned to have no way to opt out.

TORSTAR NEWS SERVICE

Drone racing a rapidly growing pastime

They sound like big mechanical bees. But the constant buzz at the indoor Sportsplex2 in Vaughan, Ont., came from small unmanned aerial vehicles (UAVs), or drones.

Some of the machines flying were small enough to rest on the palm of your hand — a DJI Inspire looks large enough to

transport a chihuahua. Devices flown Saturday night ranged in price from less than \$100 to as much as \$4,000 plus.

In rapidly increasing numbers, people are spending that kind of money (plus a considerable amount of assembly and flight time) on one of the fastest growing pastimes around:

drone racing.

And for pilots who hone their skills to the max, there are shots at both fame and fortune. Last year, the inaugural U.S. Drone Nationals were held in San Diego, and a major indoor competition took place in Ontario earlier this year.

The appeal isn't just prestige.

Though the first competitions began with modest purses and prizes offered by manufacturers, the ante has been upped considerably. There is now an International Drone Racing Association, offering a top prize of \$250,000 US in the World Drone Prix.

TORSTAR NEWS SERVICE

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Calgary Region, Child and Family Services
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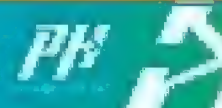
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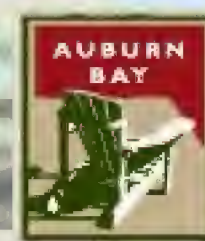
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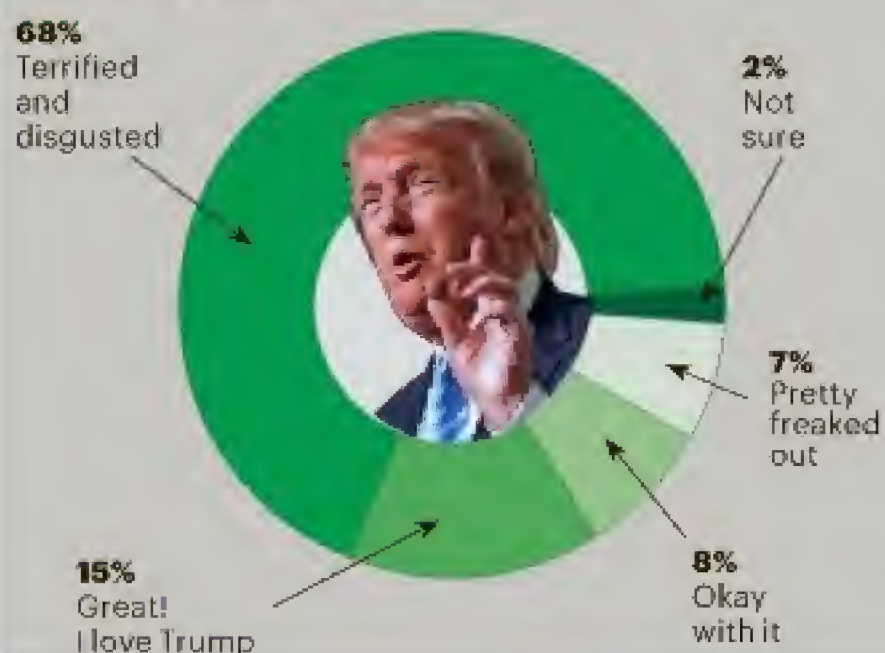
ZOOMING IN
Biologists have shown that Zika virus kills and disrupts cells of the brain's outer layer, explaining how it may be causing birth defects.

MONDAY METRO POLL

Should the U.S. dump Trump?

He's brash, he's bombastic, he's a billionaire — and he very well could become the next President of the United States. Donald Trump appears close to clinching the Republican nomination, and that has many people jumpy (and others jumping for joy). We asked our readers if they're happy about a potential Trump administration, or if they were hoping never to hear those two words together.

1 How do you feel about the prospect of a Donald Trump presidency?



2 Who would you vote for in the Republican primary?



WE ASKED Metro readers

Trump is a joke that went too far. This man with the keys to nuclear weapons is a terrifying thought.

I'm concerned all of the U.S. has gone koo koo bananas!

If Donald Trump takes office, he will create an atmosphere of hate and intolerance.

The U.S. doesn't need another Clinton in the White House. Trump may be more presidential than you think.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

metroview



The Trump campaign looks, quite simply, a lot like America

So far, the Republican presidential primary has been described as a schoolyard, a circus, a joke, a nightmare, a problem to be fixed, a slow-motion train wreck, the beginning of the end of the Republican Party, the beginning of a new kind of political party.

But for those of us seated comfortably on the outside, it has looked, simply, a lot like America.

Those flabbergasted by The Donald's seeming supremacy thus far — I understand. They see things changing dramatically before their eyes, and it scares the hell out of them.

But what, really, is changing? It is not American culture, which birthed Trump, and which often seems to prize individual wealth and fame above all else. What is changing is American politics, insofar as it is reflecting the broader zeitgeist.

In Trump's words on Thursday, before he called Mitt Romney "irrelevant" and spent the next 30 minutes berating him: "This is not a plateau, this is a movement. We have a movement going on, folks."

Indeed. What is Donald Trump if not the inevitable progeny of American popular culture, and the logical end to it? In 2012, one study found that 10- to 12-year-old American kids wanted, above all, to be famous when they grow up, and that they wanted the fame for its own sake, though

surely wouldn't mind the money. As an American friend and I joke, in Canada, people say, "If I was rich..." and in the U.S., it's, "When I'm rich..."

Trump's outsized everything — bombast, ego, tanning regime, verbiage, so-called "policies," insults, outrage — is politics, supersized, just like the cliché American diet.

This is not to say that Trump is not disturbing. Like many, I've been guzzling Trump think-pieces like Pepto-Bismol, but nothing calmed that burning feeling in the pit of my stomach until a recent Vox article. It equates Trump-love with authoritarianism, and illuminates the existence of a distinct voter in the U.S. — the authoritarian. A person who prizes order and conformity above all else. A person who approves of Trump's regressive slogan and his alpha male persona, which promises to strong-arm the country into submission.

The article describes how a variety of factors, including decades of fear-mongering from right-wing media, the collapse of the middle class and dramatic social change like same-sex marriage have combined to trigger authoritarian tendencies in enough Americans to make The Donald credible.

In other words: Trump is suited exactly to his time and place, in the good old U.S. of A.

Anti-BRT belligerence isn't unique to Calgary

KLASZUS' CALGARY

Jeremy Klaszus



With each week, the fight over bus rapid transit (BRT) in southwest Calgary gets more dramatic.

First there were accounts of assault and harassment at public forums, and now the anti-BRT group Ready to Engage has threatened a defamation lawsuit against Mayor Naheed Nenshi.

Is there anywhere else on Earth where emotions get so charged up over dedicated bus lanes?

Well, yes. The particulars vary, but these kinds of rowdy protests aren't unusual in cities that have been built for the car and are shifting to different methods of transportation.

A similar battle is playing out in New Mexico.

Plans for a controversial BRT project in Albuquerque, the state's largest city, have tempers flaring. The area in question is Central Avenue, a stretch of Route 66 that used to be the city's main thoroughfare.

If you've seen the Pixar film Cars, you know part of the story. The interstate allows people to rip through Albuquerque, bypassing the local shops, restaurants and hotels on Route 66.

The challenge for the City of Albuquerque and local businesses is to bring more people to the once-thriving roadway.

Albuquerque mayor Richard Berry believes cars alone won't do it (sorry, Lightning McQueen). He's touting BRT, with new stations and dedicated lanes, as an opportunity to spruce up the corridor and help revitalize it.

However, a group of business owners and residents contend that BRT will do more

harm than good.

The group worries the changes will ruin the street's charm and repel people from the area with traffic congestion — not to mention the lost business caused by construction.

There are significant differences between the Calgary and Albuquerque BRT plans. For starters, Calgary's 14 Street SW, where the dedicated lanes are slated to go, is not a commercial corridor.

But as has happened in Calgary, the Albuquerque fight has turned ugly, with public forums gone awry.

The same week Nenshi shut down in-person forums on the southwest BRT after a tense public meeting, city officials in Albuquerque had a meeting of their own degenerate into shouts of chaos.

"There's no need to scream," the city's transit director told the crowd at one point, according to the Albuquerque Journal. "There's no

need to shout."

In Calgary, an elderly man went viral for shouting at a city staffer about how people in the BRT area would take their Mercedes downtown, not ride the bus.

A few days later, a grey-haired man in Albuquerque was caught on video threatening a local councillor over the BRT plan.

So no, Calgary is not alone in having strong, and even belligerent, resistance to transportation alternatives.

Some 200 cities worldwide have BRT, from Mexico City to Johannesburg, and they didn't all get it painlessly.

That said, there's only so much pain a city can take. The militant minority in southwest Calgary has inflicted more than enough.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

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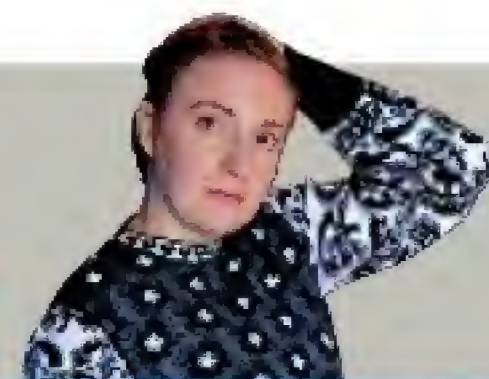
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Like Beyoncé sings, “best revenge is your paper.” **Metro’s finance guru Lesley-Anne Scorgie** has only five more weeks to break Annick and Yolanda of any bad financial habits and to build a budget for their future.

Budgeting for Beyoncé



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: At the start of January Metro’s financial guru Lesley-Anne Scorgie started performing a financial makeover on two young women. Annick, a Calgary-based 24-year-old, and Yolanda, a Mississauga-based 27-year-old, have just 12 weeks to get their financial houses in order and drastically improve their net worth (assets minus liabilities). Follow along @LesleyScorgie #MetroMoneyMakeover to see their progress.

THIS WEEK: “What-if” expenses can throw you off budget and Annick must build up a financial buffer to weather these infrequent cash-crunches. Should these emergency funds be used for wants as well as needs?

NEXT WEEK: Yolanda’s frugality is really paying off. She’s up to \$600 per month in savings (outside of her pension) for her down payment. Can she afford to continue her generous donations to sponsor two children and tithe to her place of worship? Stay tuned.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Annick spent \$322 on a ticket to see Beyoncé in May, but she’s promised to downgrade her seats if she misses the mark on her ambitious debt repayment plan. GETTY IMAGES; JENNIFER FRIESEN/FOR METRO

THE SITUATION

Even if Michael Jackson came back from the dead, Annick wouldn’t pay as much to see him perform as she has to watch Beyoncé in Edmonton this May. Tickets went on sale two weeks ago and Annick, plus one friend, jumped on presale seats for a whooping \$322 a piece. What?

I get it. Beyoncé is killer in concert and Annick needs to reward herself every so often. But would \$200 tickets have done the trick?

The price of Annick’s Beyoncé ticket is equivalent to 11 per cent of her outstanding consumer debt. In Annick’s 60/60/60 debt reduction plan, where she eliminates one of her consumer debts every 60 days, she’s earmarked \$950 in March towards debt repayment. We ran the numbers and Annick needs to pick up extra shifts at her part-time job (she also has a regular full-time gig) this month to afford both Beyoncé and this month’s debt payments.

Over a virtual Skype hand-



Annick, 24,
Calgary, Alta.

NET WORTH:
\$ -**\$60,750**

shake last week, Annick and I agreed that if she hasn’t made her target for debt repayment by March 15, she’ll trade in her premium Beyoncé tickets for the nosebleed seats. I think she can do it!

THE LESSON

Even the most frugal and financially dedicated people still need fun and entertainment in their life. Otherwise, they’ll end up with bags of money, flaky friends and lonely. The key however, is to strike a bal-

ance — a.k.a. frugal rewards that fill your soul, not drain your bank account.

One of the most effective approaches to frugal rewards is to build up a financial buffer. It’s similar to building emergency funds for legit “what-if” scenarios. You simply open a separate account from the one your paycheck gets deposited into, and contribute in regular automatic intervals such as \$25 bi-weekly. That way, when trips to Miami or encounters with Beyoncé pop up, you can

afford the purchase and shed any overspending guilt.

Annick requires two financial buffer accounts; the first is for fun splurges and she’ll start contributing \$20 per paycheck into a high-interest savings account for that. The second, is an emergency fund that she’ll build within her TFSA by contributing \$25 biweekly. Having both will ensure her “what-if” needs and wants are covered. When she’s consumer debt-free this July, she can amp up her contributions to both.

NET WORTH

THE PROGRESS

Since starting the Metro Money Makeover in January, Annick has added \$1,700 to her net worth by reducing her debt and starting to save for retirement in her group RRSP through work.

Assets

RRSP \$800
Total assets: **\$600**

Liabilities

Student loan \$58,500
Visa \$1,400
MasterCard \$500
Other loans \$950
Total liabilities: **\$61,350**

Net worth
(\$60,750)

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Not paying rent? Time to grow up

PERSONAL FINANCE

Living at home for free doesn't help your budget skills

Gail Vaz-Oxlade
For Metro Canada



I am constantly amazed at the number of people I meet who, as working adults living with their parents, pay no rent.

Some of you are making a damn fine living. And you're spending.

But, for whatever reason, your parents don't think you need to be paying rent. And neither do you.

treated like an adult if you do not assume the responsibilities of an adult. And what will happen when you finally do move out?

(You do want to eventually move out, don't you?)

How will you have any sense of what it costs to live a real life if you've allowed yourself to be sheltered from reality well into adulthood?

I've seen it again and again. Jack and Diane both lived at

rent.

Learning to live on a realistic disposable income is how you'll make the transition to independence viable.

If you're in a relationship with someone who lives at home and doesn't pay rent, heads up.

When Bobby and Jean got together, Bobby had been on his own for years, but Jean had never been responsible for anything more than her own phone bill.

He inherited a baby from her parents.

Ditto Janet and Brad. Brad's mother did his laundry, cooked his meals, and wouldn't take a penny from him.

Now prying money out of him for things like rent and food is a constant fight for Janet.

Brad just can't give up the lifestyle his mommy let him get used to.

When should you start setting aside your rent money?

The minute you're working full time (even if that's three part-time

home before they married. They had lots of money for concerts, shopping, snappy clothes and eating out. Now they're married. Having saved a down payment — that's a good thing, right? — they bought a home.

But Diane can't sleep at night because of the bills piling up.

And Jack thinks he's going to be trapped in his house for the rest of his life because he doesn't have any extra money now that he's king of his castle.

If you have parents who say, "I can't take money from my kids," that's no excuse.

If you were living on your own, you'd easily be spending 35 per cent of your income on housing, never mind food. So you best start setting aside that money as if you were paying

jobs), you should be contributing to the household so you learn what real life costs.

Or you should be setting aside that money for the future if your parents adamantly refuse to take it. The point is to live as if you'd spent that money on rent.

For more money advice, visit Gail's website at gailvazoxlade.com



If you're one of those people — or one of those parents — it's time to get real.

When adult children live at home, work, and pay no rent, they are learning to live on a disposable income they will never again have in their lives. Even if the reason they are living at home is to pay off debt, not contributing to the household in which they live keeps them in the mindset of children.

You can hardly expect to be

GOSSIP BRIEFS

'Vantablack' colour monopoly angers artists

Sculptor Anish Kapoor sparked debate in Britain Thursday by buying the exclusive right to use a pigment said to be the blackest ever, to the fury of others in the artistic community. Kapoor, whose huge works of public art are landmarks in cities from London to Chicago, has snapped up the rights to



Anish Kapoor
AFP

Vantablack, which absorbs 99.96 per cent of light. The move has drawn some criticism in Britain's artistic community. Christian Furr, a portraitist who had planned to use

Vantablack in a series of paintings, told the Mail on Sunday newspaper: "We should be able to use it. It isn't right that it belongs to one man." It was originally developed for military and aeronautical purposes. Asked about the reaction of other artists, the colour's makers NanoSystems said: "This debate is for the artistic community, we don't want to get involved. We are scientists."

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Have cramps? Take the day off

HEALTH

U.K. company's planned period policy sparks debate

Sick days are standard in most organizations, but a British company may soon allow its female employees leave to cope with a specific ailment: period pain.

Bristol-based community hub Coexist is aiming to develop a "period policy" which could potentially include allowing women time off during menstruation. Coexist is hosting a Pioneering Period Policy event slated for March 15.

"The purpose of this policy initiative is to create a positive approach to menstruation and the menstrual cycle that empowers women and men and supports the effectiveness and well-being of the organization," reads a portion of the event overview.

Coexist looks to potentially follow the path blazed by countries where menstrual leave has been enshrined in law.

Japan enacted menstruation



A 2005 Canadian study found 51 per cent of 934 women reported their activities had been limited due to cramping during menstruation. iStock

leave in 1947. In Taiwan, female workers "having difficulties" working during menstruation can request a one-day leave each month. South Korea also offers

paid menstrual leave.

In an emailed statement, Nike said workers at contract factories manufacturing for the sports-wear giant are provided men-

strual leave in countries where this benefit is protected under local law.

However, the company doesn't have a formal menstrual leave

policy. A 2005 Canadian study looking at the prevalence of women with primary dysmenorrhea — recurrent pain and cramping during menstruation — found that severe symptoms could notably impact their daily lives.

Among 934 women with the condition, researchers said 51 per cent reported that their activities had been limited, and 17 per cent reported missing school or work.

"There's a significant amount of women that have some pain with their periods, and in a portion of those women it is quite unmanageable," said Dr. Catherine Allaire, medical director of the B.C. Women's Centre for Pelvic Pain and Endometriosis.

Allaire said some women can be bedridden as a result of severe discomfort, which can also be a symptom of endometriosis — a painful condition where the tissue lining the uterus grows outside the organ. "There's a discomfort in discussing private problems of that sort," said Allaire. "It's also not a cancer or anything deadly, so it's not something that people understand can cause so much disability."

Toronto-based human resources specialist Lisa Kay said the introduction of menstrual leave has the potential to raise positive and negative issues in the workplace.

"From the employee's perspective, it certainly is nice to know that your employer appreciates that this is a challenging time for women, and would support a woman taking this time off if necessary. But I do think it's awkward for a woman to approach a male employer," said Kay, president and lead consultant of Peak Performance Human Resources.

"There would need to be resources in place or support systems in place to make it feasible for women to take advantage of this."

From an HR perspective, Kay expressed concerns over instituting a policy that would benefit a portion of the company's workforce.

"It really only represents a small demographic of employees who suffer from this particular ailment and it impacts their work. There's thousands of other things," said Kay.

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Westwood's husband has Paris debut



Vivienne Westwood's husband, Andreas Kronthaler, saw his designs debut on the runway on Saturday. GETTY IMAGES

MULTICULTURAL LANDSCAPE

'World's greatest designer' says queen of punk

Vivienne Westwood declared her husband Andreas Kronthaler "the world's greatest designer" as he emerged from her flamboyant shadow Saturday with his first solo Paris show.

The Austrian-born designer — who says he suspects he is the basis for comedian Sacha Baron Cohen's 2009 fashion satire Bruno — lived up to his larger-than-life reputation with a spectacular explosion of convention-defying decadence.

As guests cheered his chutzpah, Westwood confessed to reporters that Kronthaler — who is 25 years her junior — had long been the power behind the throne.

"Over the years he has taken over the experimental stuff and I have had to follow. He calls me his muse. I think it was time the public understood the truth of this," said the 74-year-old queen of the punk fashion

revolution.

"I think he is the greatest designer in the world. He wouldn't like me to say that because he is always frightened. I have learnt so much from him," she added.

Kronthaler, who has worked closely with Westwood for years both as a model, stylist and muse, sent a dizzying array of disparate looks down the runway in the show billed as "Andreas Kronthaler for Vivienne Westwood."

All were in one way or another gender bending, with priestly girls, men in gold lame dresses and snake-skin effect boots, and women in oversized Alpine jackets from his native Tyrol.

Some of his models looked like senators emerging from a Roman bathhouse in blood-red togas while others wore long trailing Tibetan monk's hats, but all — male and female — wore platform shoes and boots.

Kronthaler's solo debut came on the same day that former supermodel Jerry Hall married the octogenarian media mogul Rupert Murdoch in London wearing a comparatively restrained light blue



Nobody has done what he has done and put a toga on top of pants.

Vivienne Westwood

Westwood dress.

And Westwood admitted that when she first met Kronthaler "he was too big, he needed pulling down with an anchor."

He is a perfectionist, she said, "Every stitch is perfect, it has to be perfect for him."

But Westwood insisted he was also a great innovator.

"Nobody has done what he has done and put a toga on top of pants," she said.

She said they would continue to design her main collections together as a couple, but that they were going to reduce their line, because it was "better for the environment... We have got too big already."

Westwood revealed she was really taken by Kronthaler's togas and male dresses, which she urged more men to wear.

"Unisex is good for the environment." Couples would not "have to buy so many clothes," she insisted, if they only shared their wardrobes.

For all the affront of the show's title, "Sexercise," beyond the carnal colours it seemed more inspired by flowing religious robes than it was by lust.

Certainly Kronthaler and Westwood — who fell madly in love when he was 22 and she 47 — could not have been more demure in the video they posted on Twitter to introduce the show.

With Westwood sitting on his knee in the library of their Queen Anne home in London, she very graciously gave him all the creative credit.

"You did it all," she said. Elsewhere Paris fashion week hit its stride with the 1980s influence on the latest trends becoming more pronounced.

Japanese designers were the talk of the town, with five staging highly acclaimed shows within 48 hours led by Junya Watanabe, Yohji Yamamoto and Undercover's Jun Takahashi. tists." AFP

AMERICAN POLITICS

Think Trump is crude? The founding fathers were bad, too

You could say politics has reached a new low with the "small hands" remarks from the Republican debate.

But the exchange over the size of Donald Trump's, um, hands is merely the most recent vulgarity in American politics. The history of crude remarks goes back to the Founding Fathers.

In the 18th century, John Adams called Alexander Hamilton a "bastard brat" and wrote that Hamilton had "a superabundance of secretions which he could not find whores enough to draw off," according to historian Ron Chernow.

One difference between then and now: "These were words written or spoken in private, not in public," said Chernow, whose Pulitzer Prize-winning biography of Alexander Hamilton helped inspire the hit Broadway musical Hamilton. (Chernow says the comments were quoted in letters that survived the centuries.)

In the 1880s, rumours of Grover Cleveland's out-of-wedlock child led to a song from his Republican opponents: "Ma, ma, where's my pa?" When Cleveland won the presidency, the response came: "Gone to the White House, ha ha ha!"

"Old-fashioned American politics was full of those kinds of vile comments," said Arnold Shober, who teaches government at Lawrence University in Appleton, Wisconsin. "We've kind of lost that over the last 70 years, and I think it's just coming back."

Not that 20th century politicians shied away from vulgarities. Here's President Bill Clinton describing his 1970s El Camino pickup truck: "I had Astroturf in the back. You don't want to know why, but I did."

And Clinton's Secretary of State Madeleine Albright proved that she could talk dirty when she said: "This is not cojones. This is cowardice," after Cuba shot down Cuban-American exiles flying civilian planes.

Fast-forward to the Republican presidential campaign. A week ago, Sen. Marco Rubio, talking about Trump, said: "And you know what they say about men with small hands." In Thursday's GOP debate, Trump

said of his hands: "If they are small, something else must be small. I guarantee you there is no problem."

Trump also has called Rubio "little Marco."

Sex therapist Judy Kuriansky said sex talk among men "is their way of comparing themselves and evaluating their influence and their power over each other. Certainly that was the allusion" at the debate.

"Everything is related to potency and power in direct relationship to size," she added. "I'm taller than you and my penis is bigger than (yours) and therefore I'm more powerful than you."

What do voters think? Those who like Trump seem to give it a pass. Those who don't are disgusted.

"There's too much political correctness," said Trump supporter Carol Ebright at a Trump rally in Cadillac, Michigan, on Friday. "I want to see the 'Get things done!' not the 'Did you hear what he said?'" She carried a sign that said: "The silent majority stands with Trump."

THE ASSOCIATED PRESS

"Everything is related to potency and power in direct relationship to size," says sex therapist Judy Kuriansky about the Trump 'size' situation.



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JEOPARDY

Victor Ferreira's spot on quiz show a dream come true

There's never been anything trivial about Victor Ferreira's Jeopardy obsession.

When his family immigrated to Cambridge, Ont., from the Azores, a 3-year-old Ferreira had access to only a few channels. And amid screenings of Beetlejuice and The Price is Right, the precocious toddler who spoke only Portuguese became weirdly fixated on this blue-hued quiz-show and its demanding esoterica.

"I understood, like, none of it," Ferreira recalled. "But it was a little world I could uncover."

And the rewards for Ferreira's jeopardy zealotry really haven't ceased since: the show helped him learn English, then led to his adolescent adoration for Reach for the Top, and, finally, to the show's sparkling Culver City, Calif., studio and a meeting with Alex Trebek.

This Friday, Ferreira will finally compete on Jeopardy after years of trying. And he so happens to be appearing just after the show announced that

Canadians are no longer able to apply due to online privacy laws — so he could be one of the last Canucks quizzing.

"After watching the show for so long and dreaming of being on it, it's surreal," Ferreira said. "You're stepping into a real-life dream."

Ferreira grew up in a "very humble" household, the youngest of three siblings all a decade-plus older ("I was a mistake baby"). His parents had elementary-school educations and worked long hours to provide, his dad as a construction worker, his mother as a nanny, until debilitating osteoarthritis forced her into retirement.

It didn't take long for his siblings to realize Victor was different.

"From two years old, he always wanted to get into conversations with the grown-ups," remembered his brother Rui.

"He always had a lot of questions," agreed his sister, Natercia Hennessey. "I'm so happy that we have Google now, but back then we didn't. The only way I could fuel his mind was to get him a library card."

After a distinguished high school stint, Ferreira was accepted to McMaster for health sciences, thus becoming the first person in his family to go to university. He eventually achieved



Ferreira will appear on Jeopardy on March 11 — likely among the last Canadians to do so. TOR-STAR NEWS SERVICE

a PhD in medical sciences and now works as a researcher at the University Health Network.

He's been trying to get on Jeopardy for years, including a near-Trebek experience in 2011 when he passed the first stage of screening. He learned just before Christmas that he was successful this time, and immediately began training

with the sort of rabid rigour usually reserved for boxing-movie montages.

His specialties are science and pop culture, so he focused on his weaknesses, including poetry and Civil War minutiae. He downloaded his own buzzer sounds, staged trial games against friends, and practised his clicker timing by watching

Jeopardy with a yellow highlighter in hand.

He shot his show on Jan. 27, journeying with his girlfriend to California for the first time. The next day was his 30th birthday, which they celebrated playing in the waves of Venice Beach, left alone in the 22 C mildness.

He can't talk about the outcome, but he delighted in meet-

ing Trebek. He had heard the host could be a "little cranky" but instead found him generously open, game to chat about the Azores and joke about the American-centric questions.

As far as how Ferreira felt stepping onstage? We'll take "unbelievably nervous" for \$1,000, Alex.

"On a scale from one to 10, I was a 15," he said. "You just hope you don't make a total ass of yourself on TV."

Well, his family would have been proud no matter the outcome. His siblings — two of whom work at a Denso manufacturing plant in Guelph, another at an ONroute in Cambridge — speak glowingly of their baby brother. Hennessey recalls filming Victor's high school graduation, where he was valedictorian, and ruining the audio. "The whole thing, all you can hear is me crying."

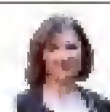
And of course, Ferreira's parents, who don't speak much English, are thrilled.

"They usually watch the Portuguese evening news, then turn over and watch Wheel of Fortune and Jeopardy — two shows with the highest degree of difficulty for non-native speakers," he said. "They've been telling all their friends to tune in and watch."

TORSTAR NEWS SERVICE



Peet stars in the HBO series **Togetherness**. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

High-octane tension in the ordinary moments

THE SHOW: *Togetherness*, Season 2, Episode 2 (HBO)
THE MOMENT: The Game

In a L.A. backyard, Tina (Amanda Peet), her sister Michelle (Melanie Lynskey), Michelle's husband Brett (Mark Duplass), Brett's best friend Alex (Steve Zissis) and Alex's new girlfriend Christy (Ginger

Gonzaga) play a party game: Someone names a movie, the next person names a star from it. Simple? Hah.

In season one, Tina rejected Alex. Now he's successful, and Tina's jealous of Christy, who's young and hot. Christy is onto Tina. So when Tina screws up the game, Christy humiliates her by condescending to her.

"You can reject a clue if it's too hard," he says, as if to a child. She offers to switch seats, "so it will be easier for you."

"You don't have to change the rules for me," Tina says, eyeballing her. "I'm a big girl."

For four minutes (!) the tension escalates. The players squirm.

This show, created by

Duplass, Zissis, and Duplass's brother Jay (who co-stars on *Transparent*), is so good it makes me mad. I'm irked that I'm not pals with the Duplasses and their gang of creatives. I'd voluntarily hold their boom, and I hate holding things over my head. I can barely change my shower curtain.

The whole season shines.

Peet and Lynskey are especially moving. And anyone who doubts that drama can be wrung from seemingly ordinary moments should study the end of this scene, as Tina and Christy bet on whether Jennifer Grey costarred in Ferris Bueller's Day Off. It's like the car chase in *The French Connection*, but on lawn chairs.

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Lionel Messi scored twice in a 4-0 win over Eibar as FC Barcelona ran its unbeaten run to 36 games in all competitions



Skip Pat Simmons and Team Canada are 3-0 through the Brier's opening weekend. JUSTIN TANG/THE CANADIAN PRESS

Manitoba's do-it-all alternates priceless

CURLING

Mead guided Winnipeg rink to the Brier

Jon Mead is listed as an alternate for Team Manitoba at the Tim Hortons Brier in Ottawa. His list of duties is much longer than that.

Mead stepped away last spring after a long career as a player and moved into a new role as a coach, mentor, team manager and fifth for Mike McEwen's rink.

It's the first year that McEwen has had someone in the position on a full-time basis. Mead has helped guide the team to another strong season and

McEwen's first berth in the national men's curling championship.

"He's the guy who keeps us accountable, keeps us honest," McEwen said. "At the end of a long day, he knows how to put smiles on our faces and help us relax."

Mead, who won Brier titles as a third for Jeff Stoughton in 1999 and 2011, spent last season with Ontario's Glenn Howard before they parted ways.

He joined the McEwen crew of third B.J. Neufeld, second Matt Wozniak and lead Danni Neufeld last June.

"It's been a neat way to continue to try to find a way to stay in the game and stay relevant, but in a role that I'm really comfortable with," Mead said.

Mead, 48, provides advice when needed and handles a variety of tasks so that the players can focus on their game. The new structure helped the team finally win a provincial title and get to the Brier.

"There's tons of stuff to do behind the scenes," McEwen said. "Booking flights, hotels, scheduling our practices and events and media stuff. He's started to slowly take over more and more roles that maybe (in the past) we would have done as the four athletes on the ice."

Jon Mead
THE CANADIAN PRESS FILE

"That's been huge as far as that support is concerned."

McEwen split his first two games at TD Place, dropping a 5-4 decision to Brad Gushue of Newfoundland and Labrador on Saturday before topping Howard 6-2 on Sunday morning. McEwen improved to 2-1 with a 6-3 win over New Brunswick's Mike Kennedy in the evening draw.

In other Draw 5 games, Northern Ontario's Brad Jacobs defeated B.C.'s Jim Cotter 5-3, Gushue beat Jamie Koe of the Northwest Territories 6-3 and Quebec's Jean-Michel Menard held off Prince Edward Island's Adam Casey 4-2.

Jacobs and Canada's Pat Simmons were the only unbeaten teams at 3-0. THE CANADIAN PRESS

NFL

Manning retiring after 18 seasons

Peyton Manning surveyed the landscape of his brilliant career and called one last audible. He's retiring a champion.

A month after Denver's triumph in Super Bowl 50, Manning informed John Elway he is following his lead and riding off into that orange sunset just like the Broncos' boss did 17 years ago after winning his second Super Bowl.

Just shy of 40, Manning will forgo \$19 million and a 19th season in the NFL, where he served as both a throwback and a transformer during a glittering career bookmarked by an unprecedented five MVP awards and dozens of passing records.



Peyton Manning GETTY IMAGES

"Peyton was a player that guys wanted to play with," Elway said. "That made us better as a team and I'm thrilled that we were able to win a championship in his final year."

The Broncos scheduled a news conference for 11 a.m. Monday. THE ASSOCIATED PRESS

NBA

Champs look like chumps vs. Lakers

Jordan Clarkson scored 25 points, D'Angelo Russell added 21 and the Los Angeles Lakers stunned the Golden State Warriors 112-95 on Sunday, handing the defending NBA champions just their sixth loss of the season, all on the road.

Kobe Bryant added 12 points in helping the Lakers earn one of the biggest upsets in NBA history and their biggest victory in a downtrodden farewell season for Bryant, who spent the fourth quarter on the bench resting his aching right shoulder.

Stephen Curry led the Warriors with 18 points on a day

+ RARE LOSS

The loss snapped Golden State's seven-game winning streak.

when they were awful offensively. Klay Thompson added 15 points, but the Splash Brothers were a combined 1-for-18 from three-point range. In all, the Warriors missed 26 of 30 attempts from long range.

Golden State fell to 55-6 and the Lakers improved to 13-51. THE ASSOCIATED PRESS

IN BRIEF

Astros blast Blue Jays

Jon Singleton homered, doubled and drove in three runs. Colby Rasmus homered and a Houston Astros split squad beat the Toronto Blue Jays 7-1 on Sunday.

Singleton and Rasmus each hit their first spring home runs. Rasmus led off the second inning by connecting against Marcus Stroman, and Singleton homered in the fifth.

Stroman struck out four in three innings, giving up only Rasmus' homer in his second start.

THE ASSOCIATED PRESS

Report: Utley's two-game suspension has been lifted

After all that, Chase Utley is safe. The two-game suspension imposed on the Los Angeles Dodgers infielder after his hard takeout slide broke the leg of Mets shortstop Ruben Tejada in last year's playoffs has been dropped.

On Sunday, a person briefed on the decision told The Associated Press that Major League Baseball and the players' union had managed to reach an agreement that rescinded the ban.

THE ASSOCIATED PRESS

NHL

Kane notches 38th goal, Hawks clip Wings

The special teams were quite special once again. Patrick Kane got the Chicago Blackhawks off to a fast start, and Corey Crawford stepped up when they struggled in the second period.

Not a bad little tuneup for a crucial two-game trip.

Kane scored his 38th goal on the first shot of the game and Crawford made 33 saves, helping

SUNDAY In Chicago



the Blackhawks beat the Detroit Red Wings 4-1 on Sunday.

"That was another fast game

against them," Crawford said. "They've got a lot of speed. I thought we got better as the game went on. A big kill to start the third, and some big insurance goals after that."

Artem Anisimov and Duncan Keith each had a power-play goal as Chicago won for the third time in four games, including a 5-2 victory at Detroit on Wednesday.

The Blackhawks went 2 for 3 with the man advantage and have at least one power-play goal in each of their last four games.

The Red Wings (32-22-11) played without centre Pavel Datsyuk, who was scratched due to an illness. Datsyuk has 13 goals and 23 assists in 49 games.

THE ASSOCIATED PRESS

Upsets choke out UFC's plans

UFC 196

Diaz and Tate dispatch McGregor, Holm in Vegas

Moments after Nate Diaz choked out Conor McGregor and punched a big hole in the UFC's plans, Diaz took the microphone and triumphantly, profanely declared his victory was "no surprise!"

Maybe not to Diaz. The rest of the sport is still reeling from a revolutionary Saturday night at the MGM Grand Garden Arena.

The pandemonium caused by Miesha Tate and Diaz had barely subsided when everyone else began pondering the future created by their back-to-back upset victories at UFC 196.

Tate and Diaz scrapped some tentative plans for the promotion's landmark UFC 200 show in July. They also created tantalizing new possibilities in a sport that isn't afraid of a little chaos.

After his stunning dismissal of the touted McGregor, Diaz (20-10) likely could have vir-



Nate Diaz chokes out Conor McGregor during UFC 196. REY DEL RIO/GETTY IMAGES

tually any fight he wants in two weight classes, perhaps including a title shot at either lightweight or welterweight. He isn't picking an opponent yet, but he wants a big cheque.

"I've been in this a long time," Diaz said. "It'll be nine years. This is my 25th fight here

in the UFC, and I've been, in the last few years, curious when this is going to pay off. And I think it's time now."

For Tate (18-5), her first bantamweight title defence is likely to be a third bout this fall with Ronda Rousey, according to UFC president Dana White.

That discounts the possibility of an immediate rematch with Holly Holm, who got choked out with 90 seconds left in their thriller.

Although a third dance with Rousey could be among the most lucrative fights in UFC history, Tate appeared to be

the person least interested in choosing her next move.

"The right move feels like drinking a Budweiser and eating cupcakes," Tate said. "I'll talk to my management team, and we'll talk to the UFC."

As for Holm and McGregor, they'll have the chance to regain their lustre later this year.

Holm said she would love to fight again next week. McGregor expects to drop back down 25 pounds to featherweight, where he is still the champion.

"I'll keep my ear to the ground and see who the fans want," McGregor said.

Diaz's next fight could be the title shot he has long sought — and seemed unlikely to get, given his 5-5 record in his previous 10 bouts dating to 2010.

White suggested he could match Diaz against welterweight champion Robbie Lawler in a certain brawl between two sluggers, while McGregor thinks Diaz will get the next shot at Rafael Dos Anjos, the lightweight champion who dropped out of his bout with McGregor two weeks ago because of a foot injury.

THE ASSOCIATED PRESS

+ WOMEN'S DRAW

Rousey's film schedule complicates matters

Ronda Rousey isn't expected to be ready to fight before October at the earliest due to movie filming, but Dana White's intention to book Miesha Tate-Rousey 3 seems to rule out the possibility of a Tate-Holly Holm rematch at UFC 200. That means Holm likely will be forced to fight another contender this summer.

THE ASSOCIATED PRESS



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RECIPE Vegetarian Chickpea Chili



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this hearty and healthy meatless chili. It makes enough that you can pack it up for tomorrow's lunch.

Ready in
Prep time: 5 minutes
Total time: 70 minutes
Serves 6

- Ingredients**
- 2 Tbsp olive oil
 - 4 cloves garlic, minced
 - 1 medium yellow onion, chopped
 - 1 large carrot, chopped
 - 1 stalk celery, chopped
 - 1 medium green bell pepper, cored, seeded and chopped
 - 1 tsp dried oregano
 - 2 tsp ground cumin
 - 2 Tbsp chili powder
 - 1/4 tsp cinnamon
 - 1 1/2 tsp salt
 - 1 28-oz can diced tomatoes
 - 4 cups water

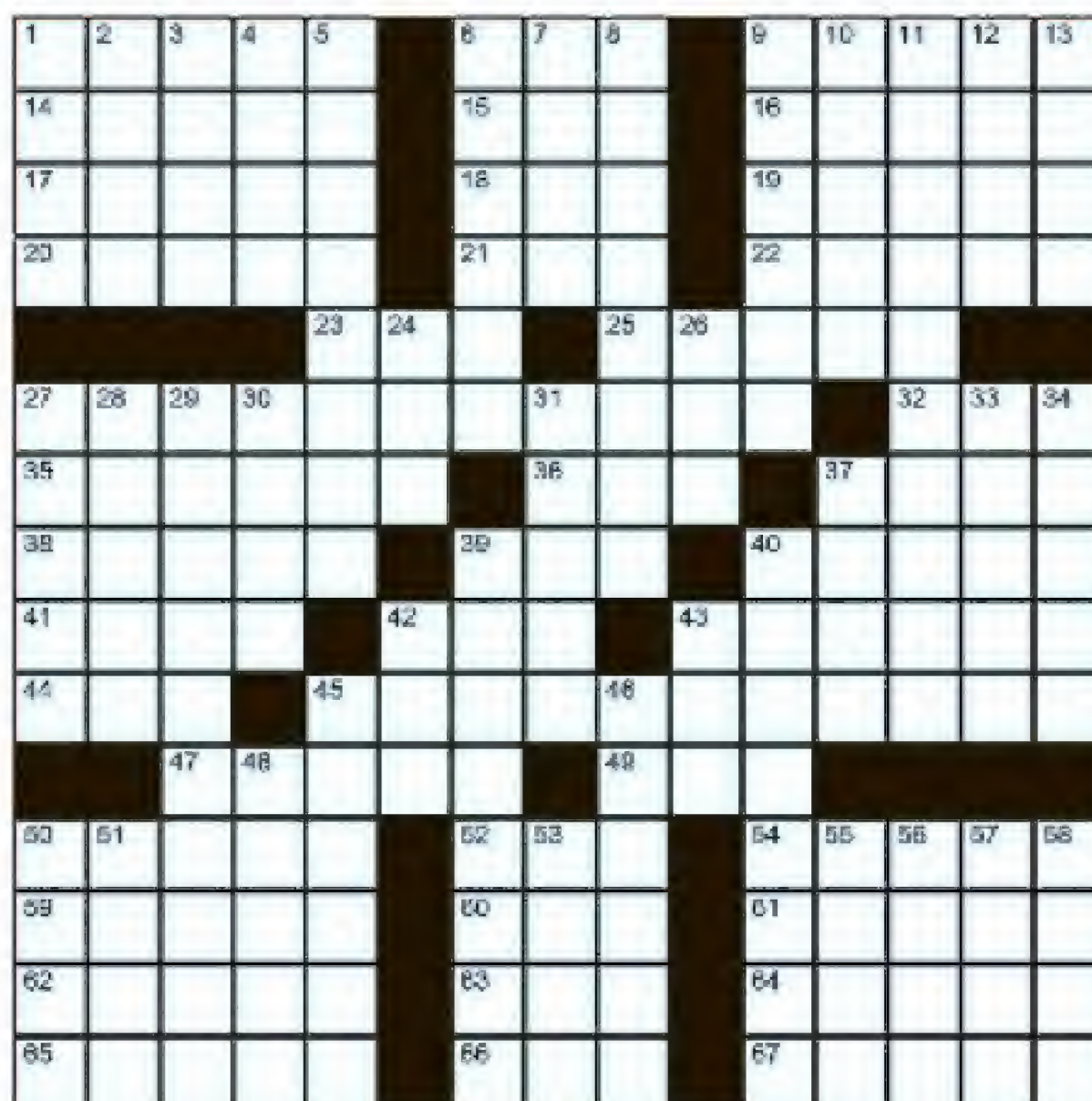
- 1 cup pearl barley
 - 1 can chickpeas, drained and rinsed (16 oz)
 - 1 can black beans, drained and rinsed (16 oz)
- Garnish:** Grated cheddar, sour cream, chopped cilantro

- Directions**
1. Heat oil in a large pot over medium heat. Add garlic, onion, carrot, celery and pepper and cook for 10 minutes, or until vegetables are softened, not browned.
 2. Add oregano, cumin, chili powder, cinnamon and salt and stir to blend.
 3. Add tomatoes and 4 cups of water. Stir in barley. Gently simmer over low heat, uncovered, for 45 minutes.
 4. Add chickpeas and black beans. Allow to simmer for another 10 minutes.
 5. Serve with grated cheddar, sour cream and fresh, chopped cilantro.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



- ACROSS**
1. Some bananas
 6. Friend
 9. Prepare, with a skillet: 2 wds.
 14. It could be stuffed
 15. __ roll
 16. Christopher of "Somewhere in Time" (1980)
 17. Armada
 18. AC/DC song
 19. Scarlett O'Hara's mother
 20. Flora and __
 21. Luau dish
 22. Paul Bettany's role in "The Da Vinci Code" (2006)
 23. Pressure meas.
 25. So much, in music
 27. Canadian Army's polar bear mascot who lives at the Toronto Zoo: 2 wds.
 32. Post-WWII female mil. aviators group
 35. Restaurant
 36. Insert
 37. __ do (This will suffice)
 38. Shows shower: 2 wds.
 39. Grand-__ Nova Scotia
 40. La __ (Milan opera house)
 41. Back
 42. Billy __ Williams
 43. Highest points
 44. Chicago's state [abbr.]
 45. Place to play hockey on a winter's day: 2 wds.

47. Leader
49. Cheese from Quebec
50. River of Paris
52. Stealth bird
54. Lanky-sounding plant
59. Molten rock
60. Corpor-

- ate exec.
61. Sing like Michael Bublé
62. Movie theatre attendant
63. Canadian hockey legend Mr. Dryden
64. Shoe lace tip
65. Estelle of "The

- Golden Girls"
66. Film studio, DreamWorks ___
67. Wants

- DOWN**
1. Politely tip one's hat
 2. Earthen stew-

- ing pot
3. Stead
4. Level
5. Select/single out: 2 wds.
6. Deep-dish meal
7. __ Domini
8. Freedom from constraint

9. San Joaquin Valley city in California
10. Illuminated the candle again
11. 'Big' transport in a Joni Mitchell hit: 2 wds.
12. Eye part
13. Writes
24. Swine dwelling
26. Furthermore...
27. Agar-holding dish
28. Disentangle
29. "Nighttime/Anytime (__)" by Canadian band Constantines
30. Sharply turn
31. Canadian actor Mr. Keeso
33. Tim of "Home Improvement"
34. Prohibition Era bottle
37. Fröster
39. 1970s fads: 2 wds.
40. Graffiti artist's tool: 2 wds.
42. Scheduled
43. Perfect
45. Headline-making Mrs. in 1871 Chicago history
46. Tea type
48. Not fulfilled, as expectations
50. Conceited
51. Slacken
53. Month segment
55. Advocate
56. Mr. Porter
57. Type of student
58. Sidewalk 'hill' creators

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your eyes peeled and you'll spot an opportunity to make a name for yourself. Don't worry if you look pushy, worry only that you might miss your shot if you hesitate.

Taurus April 21 - May 21
Be precise in what you are trying to say. If you are vague with your words no one will know what it is you are trying to communicate and nothing will get done. Be blunt.

Gemini May 22 - June 21
Something will get under your skin today. It may be something interesting, it may even be something important, but don't shout and scream about it. This is something for you alone to investigate and make use of.

Cancer June 22 - July 23
You're in an adventurous mood and will want to explore further afield than usual. Just be careful you don't stray into areas where you do not know your way around. And always be aware of the quickest route out!

Leo July 24 - Aug. 23
You may be your usual energetic self but don't expect others to be as motivated as you. Not everyone shares your passion and this could be one of those days when it is better to do things yourself.

Virgo Aug. 24 - Sept. 23
Whatever you turn your hand to today it will work out better than you expected, even if it is the kind of thing you have never done before.

Libra Sept. 24 - Oct. 23
There is a danger today that you will try to prove yourself by doing too much. Libra is a cardinal sign, which means you like to take the lead, but make sure you know where you are going before you set out.

Scorpio Oct. 24 - Nov. 22
You can be too hard on yourself, especially when you fail to live up to the impossibly high standards you try to live by. You must be more forgiving today. You're only human.

Sagittarius Nov. 23 - Dec. 21
Someone will get a tongue-lashing today, and no doubt they deserve it, but later you may wish you had not been quite so scathing. Let them know you don't hold a grudge.

Capricorn Dec. 22 - Jan. 20
For quite some time now someone has been trying to let you know that they see you as more than just a friend or colleague. But do you feel the same way about them? You will have to decide and let them know.

Aquarius Jan. 21 - Feb. 19
The best, and maybe only, way to get results is to transform your current situation. Drastic changes will be made but, having made them, your life will be better — not the same.

Pisces Feb. 20 - March 20
Nothing is impossible for you now. You can move mountains if you so choose. A more productive aim might be to bring together people in pursuit of a common aim.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

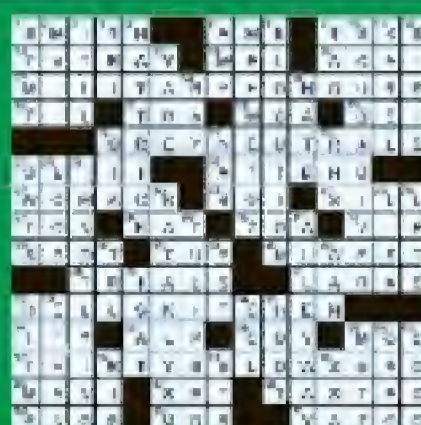
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FRIDAY'S ANSWERS

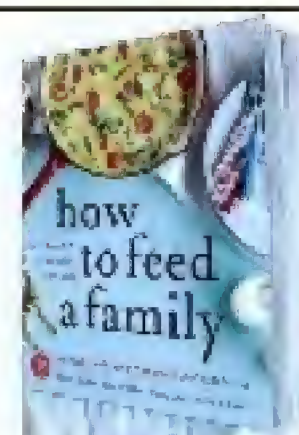
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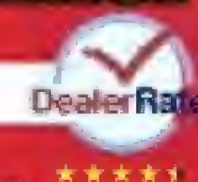
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